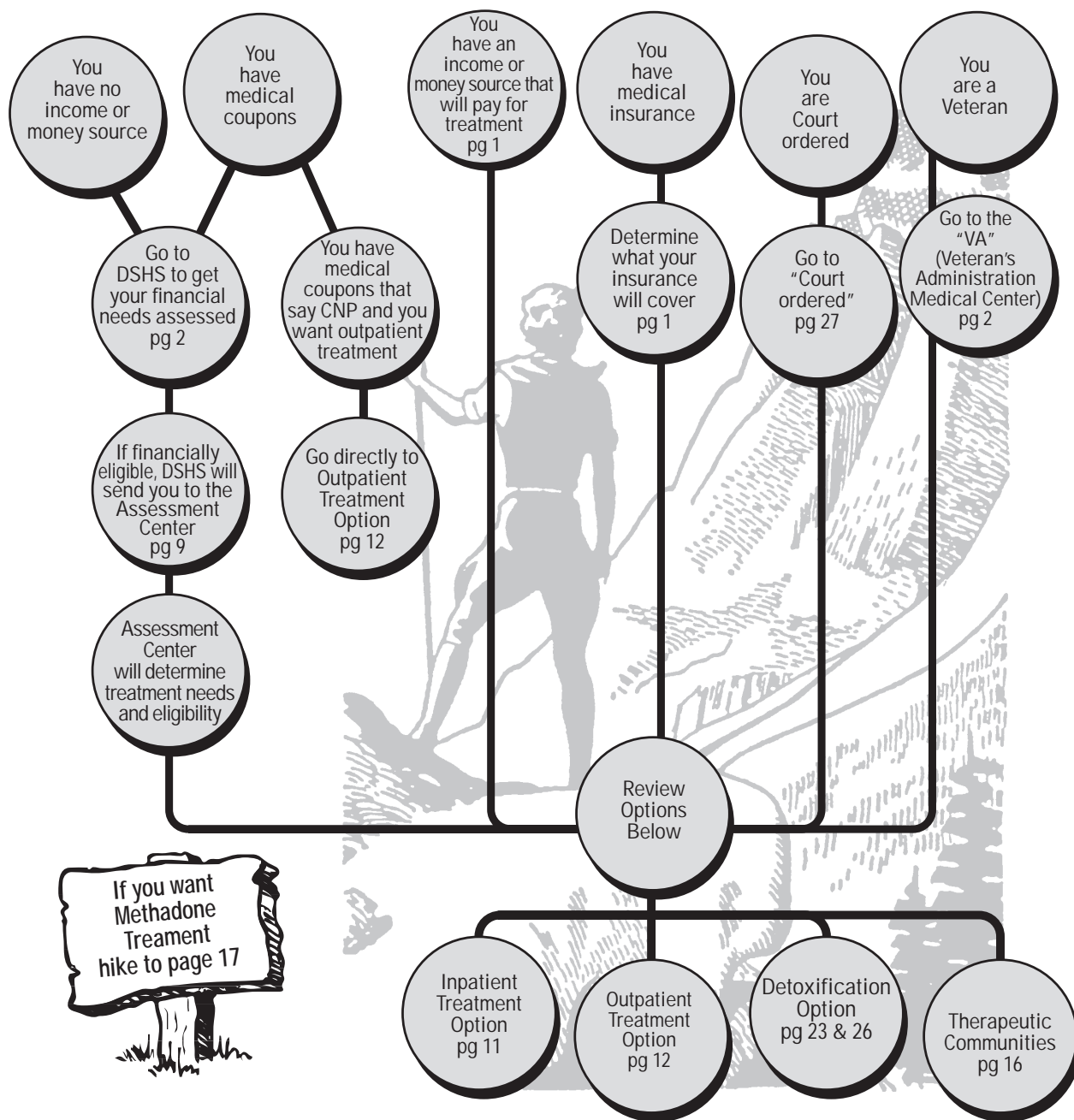


TRAILHEAD MAP: ABSTINENCE-BASED TREATMENT



Welcome...

to the Trail to Treatment, a guidebook for outreach workers, case managers, counselors and other frontline staff who refer adults to drug and alcohol treatment. This booklet contains information that will help you and your clients access treatment. Helping someone get into treatment is a journey that can feel confusing and overwhelming, but does not have to be. This booklet aims to reduce the anxiety and confusion by answering many common questions. It contains information on the Department of Social and Health Services (DSHS), medical coupons and funding, how to get assessed for treatment, local treatment programs, support groups, and much more. We suggest that you and your clients begin by viewing the "Trailhead Map" to the left. This trail map will point you to an appropriate starting place for your client's journey. This booklet is NOT designed for distribution to clients. It is meant to be a resource for front-line staff. All treatment services listed in this booklet are limited to licensed facilities.

"Trail to Treatment" was a collaborative effort. Several agencies and programs were involved in its development and review. Special thanks to many staff at the following agencies:

King County Assessment Center – King County Mental Health, Chemical Abuse and Dependency Services Division

Needle Exchange, Public Health – Seattle & King County

Northwest Family Center, Public Health – Seattle & King County

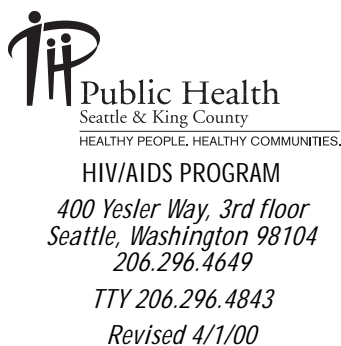
Street Outreach Services

Washington State Division of Alcohol and Substance Abuse

Tri-County Collaboration Project

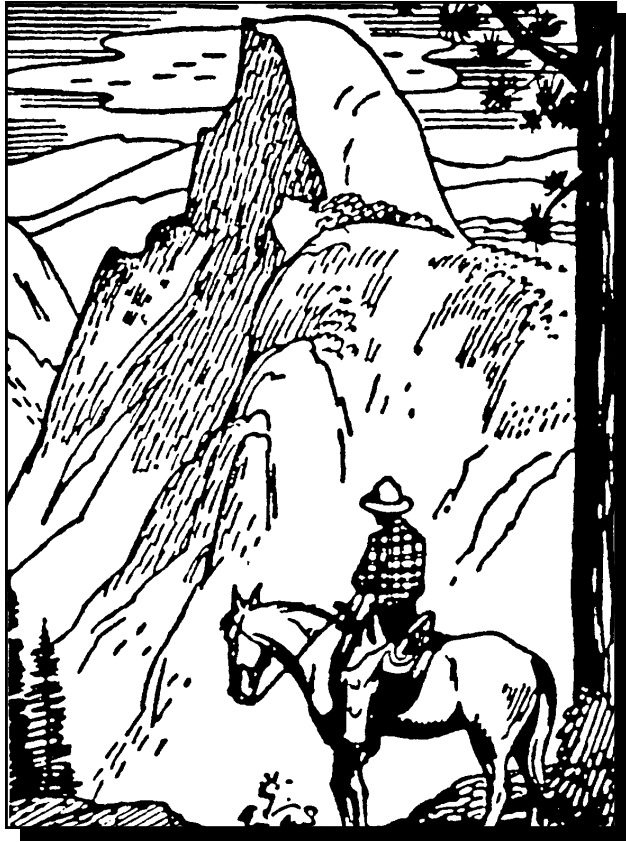
If you have comments, suggestions, additional information or tips that you would like to share regarding this booklet, please contact Stephanie Ballasiotes at 206.205.5510, or email her at Stephanie.ballasiotes@metrokc.gov.

Good Luck!



For additional copies, please call 206.296.4649.

Available in alternative formats.



TRAIL TO TREATMENT

A Guide for Helping People Get into Drug/Alcohol Treatment

Trail Guide

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DESTINATION: Paying for Treatment

Treatment costs money. There are several options available that can help pay for some or all of program costs. These options include: private insurance, self pay, veteran's benefits, and public assistance. Below is a description of these financial resources. It is also important to make sure that the treatment program you enter accepts the type of resource you're using. So make sure ***ahead of time*** that you understand what you will be responsible for so you will not be surprised by a large bill!

INSURANCE BENEFITS

How do I find out if my insurance covers drug and alcohol treatment?

Insurance benefits vary greatly depending on the type of coverage. If you have insurance, DO NOT assume that it covers alcohol and drug treatment. Also, don't assume that it will cover the treatment program of your choice. If you have a "managed care" plan, it will most likely specify where and what type of treatment you receive. If it is a non-managed care plan, then there will be a limit on the type and amount of coverage. Look in your benefits book AND call the company to verify coverage.

PRIVATE INCOME AND/OR MONEY SOURCE THAT WILL PAY FOR TREATMENT

What is the cost of inpatient treatment?

The costs for inpatient treatment varies. In general, if you do not have medical insurance or medical coupons, you are talking about a lot of money. A twenty-eight day program in a for-profit agency ranges from \$8,000 to \$20,000.

What is the cost of outpatient treatment?

The costs for outpatient programs vary as well. Some programs offer a one-time cost for a range of services. Many programs also provide treatment on a "sliding fee scale." This means that they look at how much money you make, how many people you support on that income and look at a scale to determine how much you should pay. Others allow you to pay off your treatment over time. However, time payment arrangements are becoming less common.

VETERANS

You are a veteran if you served in the armed forces whether active duty or not. If you received any type of discharge except dishonorable, you may be eligible for benefits, including addictions treatment. There is some required documentation to get in, including your DD214 (discharge papers).

Who do I call if I want to find out more about treatment?

You can call the Veterans Affairs Puget Sound Health Care System at 206.762.1010 to schedule an assessment.

What type of treatment does Veterans Affairs offer?

VA offers inpatient and outpatient alcohol and drug treatment.

- Inpatient: 14-day inpatient program available
- Outpatient: Counseling, monitored antabuse and Naltrexone
- Methadone Replacement: Counseling, daily methadone dosing

DSHS: DEPARTMENT OF SOCIAL AND HEALTH SERVICES

What is DSHS?

DSHS is the Washington State Department of Social and Health Services. It provides a wide range of services and public assistance programs to families and individuals who meet financial eligibility requirements. Some of the services it provides include:

- Cash Assistance
- Medical coupons
- Referrals to state-funded drug/alcohol assessment and treatment through ADATSA assessment centers
- Food stamps

What services will I receive through DSHS?

What you receive depends on your income, if any, and your assessment by a case worker. Financial, medical and food stamp benefits are the main services provided. This all depends on your needs, ability to work, medical condition, if you have children, and many other factors that will be determined during the application interview.

- **Medical Coupons**



If you want inpatient treatment, you must go to your local Community Service Office (CSO).

Understanding the different Medicaid programs, what they cover and what they don't cover can be VERY confusing and frustrating. There are many different types of "coupons" that cover many different services. What one coupon covers may not be covered by another. You may also find that the waiting time to get into treatment may differ depending on the type of coupon. The most comprehensive services are covered by CNP coupons. But even if you do not have a CNP coupon, you may be eligible for public-funded treatment. Ask your Community Service Office (CSO) about this. Below is an explanation of different coupons:

CNP: (Categorically Needy Program — Federally Funded)

Coupons may say: CNP or CNP-QMB



If you want outpatient treatment and you have CNP coupons, you don't have to go to your CSO.

This is Medicaid, which provides the broadest scope of medical coverage. Medicaid is the federal program that includes recipients of SSI (Supplemental Security Income-Federal) and TANF (Temporary Aid to Needy Families). If you have CNP coupons, you can access outpatient treatment directly and do not have to go to your local Community Service Office (CSO) to get a referral. However, if you are in need of inpatient treatment, you must go to your local CSO to receive a referral to the Assessment Center to set up the inpatient treatment.

MNP: (Medically Needy Program)

Coupons may say: MNP, MNP-QMB, MNA, MN-B, MN-H, MNS

You may qualify for the Medically Needy Program if you are permanently and totally disabled and you do not qualify for federal income assistance programs because your income is too high. Typically, you will have medical needs, but you do not have medical insurance. The MNP coupon comes with a "spend-down" requirement that works like an insurance plan's deductible. You must spend a certain amount of money every three months before Medicaid will kick in and pay your expenses. You may be eligible for treatment with this coupon. Check with your CSO before seeking treatment.



GAU: (General Assistance for the Unemployable — State Funded)

Coupons may say: GAU

This is short-term state coverage. Those who apply for GAU may also need to apply for SSI (social security income) which is a federal financial assistance program for people who have long term incapacitating conditions. DSHS will direct you in this process. If you have GAU and you want treatment, you **MUST** go to your CSO to see if you are eligible for treatment funded through ADATSA (see pg. 9). If you are, the CSO will refer you to the King County Assessment Center for an evaluation and referral.

Eligibility: You are not eligible for chemical dependency treatment funded with a GAU coupon. You must visit your local CSO to determine if you are eligible for services under the ADATSA program. If you are, you will be referred to the Assessment Center.

GAX: (General Assistance Expedited for Medical Disability)

Coupons may say: GAX

GAX is when you have been screened for SSI and the CSO believes you will actually get SSI. These are Medicaid benefits. Check with your CSO before seeking treatment.

Refer to the 'ADATSA' section on page 9 to learn more about getting assessed for treatment.

Food Stamps:

Your financial worker will be able to tell you if you are eligible for food stamps. Food stamps will allow you to purchase food only. The purchase of alcohol and cigarettes is not permitted with food stamps. In some residential facilities, you may be asked to authorize the facility to use food stamps on your behalf.

Note: DSHS has changed its system for issuing Food Stamps.

Using an electronic benefits system (EBT), a debit card is issued for food purchases.

Where do I go if I need to talk with DSHS?



*You **MUST** go in person to meet with a CSO case manager.*

If you have an address, go to the CSO (Community Service Office) in your zip code. If you are homeless, you can go to any CSO, but Belltown is considered the best. Below is a list of CSOs and the zip codes they serve:

Lake City Office

115 Lake City Way NE
Seattle, WA 98125-5395
TTY: 206-368-7217
ZIP CODES: 98115 98125 98155

King North Office

907 NW Ballard Way
Seattle, WA 98107-4683
TTY: 206-545-7612
ZIP CODES: 98103 98105 98107 98109
98117 98119 98133 98177 98195 98199

Belltown Office

2106 2nd Ave
Seattle, WA 98121-2298
206-464-7060 TTY: 206-464-7471
ZIP CODES: 98101 98104 98121

Capital Hill Office

1700 E. Cherry St
Seattle, WA 98122-4694
TTY: 206-720-3164
Financial Assistance: 206-720-3060
Social Services: 206-720-3069
Information and Referral 206-720-3060
ZIP CODES: 98102 98112 98122

Rainier Office

3600 s. Graham
Seattle, WA 98118-3198
TTY: 206-721-2778
Financial Assistance: 206-721-2775
Social Services 206-721-4676
Information and Referral 206-721-4676
ZIP CODES: 98108 98118 98134 98144 98178

West Seattle Office

4050 Delridge Way SW #300
Seattle, WA 98106
TTY: 206-933-3397
ZIP CODES: 98013 98018 98070 98106
98108 98116 98126 98136

King Eastside Office

14360 SE Eastgate Way
Bellevue, WA 98008
TTY: 425-649-4013
Financial Assistance: 425-649-4024
Social Services: 425-649-4000
Information and Referral 425-649-4000
From outlying areas 1-800-662-6715
ZIP CODES: 98004 98005 98006 98007
98008 98009 98011 98014 98019 98024
98027 98028 98029 98033 98034 98039
98040 98041 98045 98050 98052 98053
98059 98065 98068 98072 98073 98083
(regardless of zip code, you must reside in King County).

Burien Office

15811 Ambaum Blvd. SW
Seattle, WA 98166-3090
TTY: 206-439-5321
ZIP CODES: 98062 98146 98148 98158
98166 98168 98188 98198

Renton Office

500 SW 7th St., Suite B
Renton, WA 98055
425 793-5700 TTY: 206-626-5999
From outlying areas 1-800-662-4390
ZIP CODES: 98038 98055 98056 98058
98059

Federal Way Office

1617 S. 324th
Federal Way, WA 98063-4629
TTY: 253-661-4945
From outlying areas 1-800-422-7912
ZIP CODES: 98033 98023 98054 98063
98093 98354

King South Office

25316 74th Ave. S.
Kent, WA 98032-0848
TTY: 253-872-2769
From outlying areas: 1-800-422-7912
ZIP CODES: 98001 98002 98010 98015
98022 98025 98031 98032 98035 98042
98047 98048 98051 98064 98071 98092
98371

What are the hours of operation?

Operating hours for the CSOs are Monday through Friday from 8:00am until 5:00pm.



Wednesday is "paperwork day" for many CSOs. They do not see clients or answer phones on this day.

You may pick up or drop off applications and get general information from the front desk during these hours. To meet with a caseworker, it is recommended that you schedule an appointment. Walk-in hours vary among the different CSOs. Call for specific CSO walk-in hours.



Mondays are usually the busiest day of the week. If you don't want to wait as long, go on a Tuesday or Thursday.

Is there anyone who can help me through the process?

Some community-based agencies can provide escorts and transportation to your appointments. People of Color Against AIDS Network (POCAAN), Street Outreach Services (SOS), and the Seattle Indian Health Board (SIHB) can often provide these services. Call them for more information.



Get help from others who are willing and able to get you to appointments!

How long will I have to wait to see someone?

In most cases, if you have an appointment, you could be seen after a brief wait (20-30 minutes). If you come during walk-in hours, it could be an hour or two.



Be patient if you are a walk-in. The wait will be much shorter if you have an appointment.

What do I have to do in order to apply for benefits?

First: Pick up a yellow application form from any CSO. Fill it out and get all required documentation together. This includes a photo ID, social security card, any income verification and social security cards for your children (if applicable).

Second: Call your CSO for an appointment (some have automated systems) or you can go in during the walk-in hours and try to be seen.



The first of the month is a bad time to apply for benefits. DSHS is very busy at this time!

How long before I know if I will receive any benefits?

You may be told what you are eligible for right after you meet with a worker.



Outreach workers from Street Outreach Services (SOS), People of Color Against AIDS Network (POCAAN) and the Seattle Indian Health Board (SIHB) will walk you through the process of obtaining drug/alcohol treatment.

What if I am not a United States citizen?

You must be a U.S. citizen or have a green card in order to receive treatment paid for by the state. If you are not a U.S. citizen and don't have a green card, you will not be eligible for any benefits through DSHS or ADATSA. Some agencies, such as Consejo, may be able to provide some counseling services for those who are not eligible for these benefits.



Call around to find out if agencies provide any services for undocumented clients. Although they may not provide "formal" treatment, they may provide some other support services.

Are there interpreters available through DSHS? If so, what languages?

Interpreters are available for any language. They are hired for the specific meeting, so it must be arranged in advance.



Don't wait until the last minute to request an interpreter. This may delay the entire process.

What are some of the things that might get in the way of me receiving benefits?

Not following through is what will do the most harm. This includes not keeping appointments or not gathering the proper documentation necessary for anyone to get benefits. These include picture identification, social security card, proof of income or unemployment compensation and proof of citizenship. If you are not a citizen, you must have a green card.



Keep ALL of your appointments and have all documentation you need. If you are having trouble getting needed documentation, ask for help.

Who do I talk to if I have any questions or forget to provide some important information? How do I contact them?

Once you are in the "system" (you have started the process), you will be assigned a financial worker. This is the person to call for most questions. If they don't have the answer, they will direct you to someone else such as an incapacity worker, social worker, SSI facilitator or another DSHS staff person. They can be reached by phone and may have specific phone hours as mentioned before, from 8am-12 noon. Some workers set their own phone hours. If they don't answer, leave a message!



Keep a list of all the names and phone numbers of people you have had contact with, and when they can be reached.

What if I lose my medical card or food stamp ID?

A lost medical card can be reissued and sent to you. Contact your financial worker. A lost food stamp ID card can be replaced at your CSO. Call your financial worker for approval. You will need picture identification to pick it up. If you don't have your ID, make sure your worker knows so other arrangements can be made.



TIP: Keep your medical card on you at all times. Keep it in the same place so you will always know where to find it.

How can I lose my benefits?

You will lose your benefits if:

- You don't respond to requests for information, interviews and/or documentation
- You give false information
- You don't complete the annual review forms
- You don't report income you have received

DESTINATION: ADATSA

What is ADATSA?

ADATSA stands for Alcoholism and Drug Addiction Treatment and Support Act. It is a public assistance program for individuals who are incapacitated due to alcoholism or drug addiction. ADATSA conducts assessments and refers people to appropriate treatment. In other words, the program is for people who are unable to support themselves financially because their drug use is interfering with their ability to stay employed.

How do I know if I am eligible for ADATSA?

You may be eligible for ADATSA if:

- You are at least 18 years old
- You have no or low income and limited resources
- You are in need of drug/alcohol treatment

How do I access ADATSA?

ADATSA provides funding for drug/alcohol treatment if you can't work or support yourself due to alcoholism or drug addiction. To access ADATSA funding you must do the following:

- 1) Meet with a financial worker at your Community Service Office (CSO). The financial worker will determine your need for financial assistance.
- 2) You must tell them that you need treatment.
- 3) If you are eligible for financial assistance AND you want treatment, the financial worker will then refer you to the King County Assessment Center for an evaluation.
- 4) Once you get to the Assessment Center you will be evaluated for your need for treatment. This assessment will determine the type and length of treatment you need. THIS MAY VARY FROM PERSON TO PERSON. In addition to the treatment itself, you may also receive a limited living stipend while you are in treatment.

5) After the type and length of treatment has been determined, you will then be placed on a waiting list. The waiting time will vary depending on the type of treatment you need.

- You can receive up to 6 months of treatment in a 180-day period at an agency or agencies that accept ADATSA referrals.
- Remember to apply with the DSHS Community Service office (CSO) before you call or go to the Assessment Center.

How do I get an appointment with DSHS?

Contact your local CSO office for information. See pages 5–6 for CSO offices in King County.

What is an “assessment”?

An assessment is when a counselor meets with you to discuss your involvement with alcohol and/or drugs. This is a very important process where you can look at what you need. Several factors are considered in deciding the need for treatment and the type of treatment you may need. At the King County Assessment Center a counselor will evaluate the severity of your drug use/abuse, previous treatment attempts, your present support system and your motivation for getting clean and sober. After this is reviewed, your eligibility for treatment will be determined. (See treatment options)

Can I choose my treatment program?

If you are financially and clinically eligible, you may be able to get the type of treatment you would like only if it is through an ADATSA provider and the case monitor agrees with your request. ADATSA will not refer you to outpatient treatment if inpatient is what they think you need. ADATSA will only pay for treatment in a program that accepts ADATSA funding.

Can I get into detox through ADATSA?

Yes. Your assessment counselor can help you connect with a detox program.

How much will ADATSA pay for?

It will pay for your cost of treatment while you are eligible, up to 180 days in a 2-year period.

How many times can I go to treatment?

Treatment is limited to 6 months (180 days) in a 24-month period, regardless of how many times you go.

What if I leave against medical advice (AMA)?

If you decide to leave treatment against the advice of the treatment program, you must start the assessment process over again if you want to re-enter treatment. You will also have to reapply for benefits. You may also have to wait longer to get into treatment than you did the first time.

TREATMENT OPTIONS

There are different kinds of treatment programs available. Each may vary in treatment philosophy as well as length. Four types are described below. These include inpatient treatment, outpatient treatment, therapeutic communities and methadone maintenance. Specific treatment programs may differ a little or a lot from one another. If you want to know more about the programs, call them to get more information.

INPATIENT TREATMENT

With inpatient treatment, people receive intensive, short-term treatment in a live-in treatment center. Treatment lengths vary, but it is typically 30 days. Inpatient treatment involves education, individual and group counseling, and sometimes family sessions. It provides a protective environment during the early stages of getting clean. There are several inpatient treatment centers, although many are private and expensive. Cedar Hills is our local state-funded inpatient treatment facility. Length of stay can vary depending on your needs.

Inpatient Programs

Swedish Medical Center/Ballard Pregnant Women's Program

5300 Tallman Ave NW

Seattle, WA 98107-1507 ph.206-781-6209

Fee/Coupons/Insurance:	CNP (pregnant women only), private insurance, private pay. Cost is \$345/day.
Length of Stay:	26 days. Women can readmit up to 60 days postpartum.
Comments:	This program is for pregnant, drug-addicted women only. Must complete assessment to be eligible. Wait list is 4-6 weeks.

Cedar Hills Treatment Center

15900 227th Ave SE

Maple Valley, WA 98104

206-296-8700

Fees/Coupons/Insurance:	ADATSA (apply at CSO), private pay, private insurance.
Length of Stay:	Varies: Two weeks to several months.
Comments:	This is the primary residential treatment center for state-funded (ADATSA) clients.

Residence XII

14506 Juanita Dr. NE
Bothell, WA 98011
425-823-8844

Fees/Coupons/Insurance: ADATSA, \$195/day, private pay, private insurance.
Length of Stay: Varies.
Comments: Women only. A couple of months' wait for ADATSA beds.

Seattle Indian Health Board — Thunderbird Treatment Program

9236 Renton Ave S
Seattle, WA 98118
206-722-7152

Fee/Coupons/Insurance: CNP, GAU, TANF, ADATSA, private insurance, private pay sliding fee.
Length of Stay: 28 day intensive inpatient, 60 days in recovery house.
Comments: Focus on Native Americans, but all welcome. Not everyone does both intensive inpatient and recovery house.

Veterans Affairs Puget Sound Health Care System

1660 S. Columbian Way
Seattle, WA 98108
206-764-2600

Fee/Coupons/Insurance: Fees vary. Must be low-income and uninsured or have service-connected disability to receive free services.
Length of Stay: Varies.
Comments: For veterans only.

OUTPATIENT TREATMENT

Outpatient treatment allows you to live at home and possibly even work while participating in the program. Today, treatment is usually tailored to your needs. Typically, it involves group and/or individual counseling, lectures, referral to 12-step and support groups and vocational services. Day and evening programs are usually available. Again, length of involvement may vary.

Most people attend anywhere from three months to two years, depending on need and possible court-ordered requirements.

Outpatient Programs

Bridgeway Recovery Programs

Fremont (main office)

3825 Bridge Way N
Seattle, WA 98103
206-632-5009

Wallingford

4120 Stone Way N and 4319 Stone Way N
Seattle, WA 98103
206-632-5009

Northgate

10501 Meridian Ave N, Suite D
Seattle, WA 98133-9509
206-632-5009

Belldtown

2329 Fourth Ave
Seattle, WA 98121
206-632-5009

Pioneer Square

109 Prefontaine Pl S
Seattle, WA 98104
206-632-5009

Fee/Coupons/Insurance:

Coupons: CNP, GAX, GAU (limited basis). Private pay, private insurance, sliding fee.

Length of Treatment:

Six months to two years.

Comments:

Adult and youth treatment provided. Alcohol Information School. Day and evening programs. Dual Diagnosis services at all sites.

Center for Human Services

17018 15th Ave NE
Seattle, WA 98155
206-362-7282

Fee/Coupons/Insurance:

Coupons: CNP, LCP, PPW. Works with CPS clients. Private pay, private insurance, sliding fee.

Length of Treatment:

Six months to two years.

Comments:

Focus on family treatment. Support for gay/lesbian/transgendered. Child care available. Evening appointments.

Consejo Counseling and Referral Service

3808 S Angeline St
Seattle, WA 98118
206-461-4880

Fee/Coupons/Insurance: Coupons: CNP, sliding fee, private pay.
Length of Stay: Varies.
Comments: Latino focus; support groups, assessments. Free treatment for
low income undocumented clients.

Eastside Community Alcohol and Drug Center

1412 140th Pl NE
Bellevue, WA 98007
425-747-8085

Fee/Coupons/Insurance: Coupons: CNP, GAX, ADATSA, TANF, sliding fee, private pay, private
insurance.
Length of Stay: 8 hrs/week for 9 weeks; 1 and 2 year programs.
Comments: Alcohol and drug information school. Childcare available. Evening
appointments.

Highline West Seattle

2600 SW Holden St
Seattle, WA 98126
206-248-8226

Fee/Coupons/Insurance: ADATSA, GAU, GAX, CNP, private insurance, private pay, sliding fee.
Length of Stay: Varies.
Comments: Dual-diagnosis program available.

Moms Plus

1001 Broadway Ave, #109
Seattle, WA 98122
206-720-5033

Fee/Coupons/Insurance: All services free.
Length of Stay: Varies. Will follow up to 6 months post partum.
Comments: This is for women who are pregnant and need chemical depen-
dency treatment.

Perinatal Treatment Services

1005 E Jefferson St
Seattle, WA 98122
206 223-1300

Fees/Coupons/Insurance: CNP, TANF, GAU.
Length of Stay: 90-180 day outpatient.
Comments: Focus on pregnant and parenting women.

Recovery Centers of King County**Central Seattle**

464 12th Ave, Suite 300
Seattle, WA 98122
206-322-2970

Burien Office

15025 Fourth Ave SW
Burien, WA 98166
206-242-3506

Downtown Office**Leroy Helms Center**

418 Second Ave Ext. S
Seattle, WA 98104
206-682-9579

Enumclaw Office

1325 Cole Street
Enumclaw, WA 98022
360-825-4050

Kent Office

505 Washington Ave S
P.O. Box 1041
Kent, WA 98032
253-854-6513

Fee/Coupons/Insurance: Coupons: CNP, GAX, ADATSA, sliding fee, private pay, private insurance.
Length of Program: One to two year programs. Meets for 4 hours, 3 times a week.
Comments: Women's intensive treatment provided. Alcohol and Drug Information School. Childcare available. Treatment program for deaf clients available. Dual Diagnosis program available.

Stonewall Recovery Services

430 Broadway Ave E
Seattle, WA 98102
206-461-4546

Fee/Coupons/Insurance: Coupons: CNP, GAX, TANF, ADATSA, private pay, private insurance.
Length of Stay: 6 months to 2 years.
Comments: Primarily for sexual minorities. Treatment services for methamphetamine users.

Therapeutic Health Services (T/H/S)

1116 Summit Ave
Seattle, WA 98101
206-323-0930

Fee/Coupons/Insurance: Coupons: CNP, GAU only if issued by ADATSA for methadone treatment, ADATSA, Medicare, sliding fee, private pay.

Length of Stay: Varies.

Comments: Drug/alcohol treatment and methadone maintenance program. Special programs for chemically addicted pregnant women. Southeast Asian opiate-addicted program. Childcare available. Evening appointments available.

Therapeutic Health Services (T/H/S)

17962 Midvale Ave N #150
Seattle, WA 98133
206-546-9766

Fee/Coupons/Insurance: CNP, GAU for methadone treatment, ADATSA, Medicare, sliding fee, private pay.

Length of Treatment: Varies.

Comments: Drug/alcohol treatment and methadone maintenance. Special programs for chemically addicted pregnant women. Evening appointments available.

THERAPEUTIC COMMUNITIES

Longterm Treatment

Therapeutic communities are programs that provide long-term treatment in a community living environment. You receive treatment while also maintaining a household along with several others. Length of stay can be up to a year.

Genesis House
621 34th Ave
Seattle, WA 98122
206-328-0881

Fees/Coupons/Insurance: ADATSA (apply at CSO), private pay (\$800 fee for intake if not ADATSA. Long-term fees negotiable).
Length of Stay: 8 months inpatient, 2-3 months aftercare.
Comments: Clients live at Genesis House for 8 months.

Seattle Drug & Narcotic Center (SEA-DRU-NAR)

PO Box 24344	200 W Comstock	809 15th Ave E	976 S Harney
Seattle, WA 98124	Seattle, WA 98118	Seattle, WA 98112	Seattle, WA 98108
206-767-0244	206-284-2010	206-324-8500	206-767-0244

Fee/Coupons/Insurance: ADATSA (apply at CSO), sliding fee. No one denied for financial reasons.
Length of Stay: 9-12 months with 6 months aftercare.
Comments: This is a long-term program.

Perinatal Treatment Services

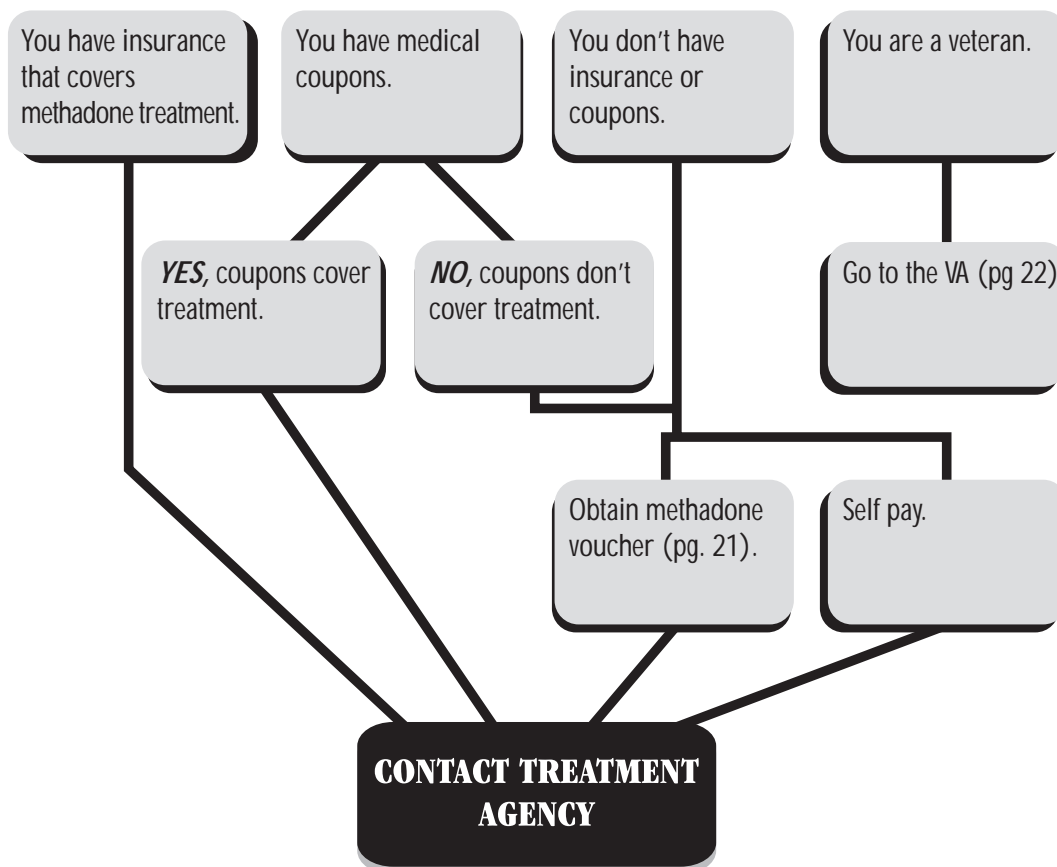
1005 E Jefferson St
Seattle, WA 98122
206 223-1300

Fees/Coupons/Insurance: CNP, TANF, GAU (for outpatient program).
Length of Stay: 28 day inpatient, 180 day residential long-term, 90-180 day outpatient.
Comments: Focus on pregnant and parenting women.

METHADONE TREATMENT

What is methadone treatment?

Methadone is a synthetic oral medication that is used in the treatment of opiate (heroin, chiva, percs, etc.) addiction. At an appropriate dose, it controls opiate craving and withdrawal sickness. The medication is dispensed on a daily basis by a licensed methadone clinic. Because methadone is a controlled substance, it is highly regulated by federal, state and local governments. Methadone treatment includes counseling and medical monitoring in addition to medication. Because methadone clinics are not considered "traditional treatment," getting admitted is somewhat different than other programs. Below is a flow chart followed by more detailed information. Please read this carefully in order to fully understand admission and financial eligibility requirements.



Methadone treatment is provided at 5 sites in King County:

Therapeutic Health Services (T/H/S)

Summit Treatment Center

1116 Summit Avenue

Seattle, WA 98101

206-323-0930

[capacity: 350 clients; accepts public & private clients]

Therapeutic Health Services (T/H/S)

Midvale Treatment Center

17962 Midvale Avenue N, Suite 105

Seattle, WA 98133

206-546-9766

[capacity: 350 clients; accepts public & private clients]

Evergreen Treatment Services

1700 Airport Way S

Seattle, WA 98134

206-223-3644

[capacity: 700 clients; accepts public & private clients]

NOTE: Evergreen also operates a mobile van-based clinic. Call for locations.

Federal Way Clinic**Western Clinical Health Services**

2025 S 341st Place

Federal Way, WA 98003

253-874-2030

[capacity: 350 clients; accepts only self-pay and privately insured clients]

**Veterans Affairs Medical Center – Puget Sound Healthcare System
Addictions Treatment Center**

1660 S Columbian Way

Seattle, WA 98108

206-764-2600

[capacity: 50 clients; accepts veterans only].

Admission Requirements

Eligibility requirements are set by federal and state law. Additional requirements may be established by individual treatment agencies. To be admitted to methadone treatment, a client:

- Must be 18 years of age or older.
- Must be dependent on opiates for a minimum of one year. If a client does not have a prior treatment record, the treatment agency may require letters from people who can attest to the client's dependency history.
- Must demonstrate current physiological dependency on opiates. At intake, treatment medical staff will examine the client to observe signs and symptoms of opiate withdrawal. This is called the "sick" intake physical. The client should refrain from using heroin or other opiates for 24 hours prior to the sick physical. The client will receive the first methadone dose after "passing" the sick physical.

NOTE: A sick physical is not required for a woman who is pregnant.

- Must not have been enrolled in a methadone or LAAM treatment program within the last 30 days.
- Must provide a photo ID.

A treatment agency may consider prior treatment experience before re-admitting a client. If the client still owes money from a prior treatment experience, the agency may require payment or negotiate a time-phased payment plan as a condition for re-entry. Similarly, prior discharge status and counselor recommendations at the time of discharge may be considered before re-admitting a client.

Cost

Methadone treatment costs about \$300 per month. This fee covers the cost of the daily methadone dose, counseling and medical assessment and monitoring. Methadone treatment is not provided on a sliding fee scale. Some treatment agencies provide additional clinical services such as acupuncture (usually billed separately), in addition to the methadone treatment cost.

Funding Options

Title XIX (Medicaid)

T/H/S and Evergreen are approved Medicaid (Title XIX) providers. They each have a limited number of Medicaid-funded treatment slots. Each treatment agency maintains a waiting list for Title XIX-eligible clients. It is the client's responsibility to get on the list. Waiting times vary from a couple weeks to several months. Not all categories of Medicaid cover methadone treatment. By law, clients who are enrolled in a Medicaid program that covers methadone may not self-pay for methadone services. **Check the grid below to see if your coupon covers methadone treatment.**

PROGRAM	COVERS METHADONE?	COMMENTS
CNP, CNP-QMB TANF SSI GAX	Yes	Covers full cost of methadone treatment. Number of Medicaid (Title XIX) slots at each site is limited. Depending on slot availability, agencies may place clients on Title XIX wait list.
MNP, MNP-QMB, MNA, MN-B, MN-H, MNS	Yes	Quarterly "spend down" required. Will cover cost of methadone treatment, but only after you pay a quarterly "spend down" of medical expenses. Amount of spend down is based on income. See Medically Needy Program on page 3 for more information.
W (ADATSA) GAU	No	Does not cover methadone treatment. However, Evergreen and T/H/S use GAU and/or ADATSA status to determine eligibility for federally-funded treatment slots. Each agency has a limited number of these slots. Waiting times usually range from 2-6 months.
LC-MI QMB SLMB QDWI	No	If you are in one of these programs, look into getting a voucher (see page 21).

ORTP (Opiate Replacement Treatment Program)

This is a funding program for people who have HIV or AIDS. To be eligible, a client must be opiate dependent, be HIV positive, reside in King, Snohomish or Island County, have a primary medical provider, and have an income at or below 200% of federal poverty level. ORTP funds are provided by Title I of the Ryan White CARE Act. There is no limit on fund duration, but the program is designed as “gap” funding and, by law, Ryan White funds may be used only as a last resort. Many clients who are HIV positive enter treatment with ORTP funds, then transfer to Title XIX (Medicaid) once their name comes to the top of the Title XIX wait list. To obtain an ORTP referral, call:

Olivette Foster
Stonewall Recovery Services
206-461-4546

Wait times for ORTP clients are minimal. Most ORTP clients enter treatment within one or two weeks. ORTP referrals are accepted at T/H/S and Evergreen.

Vouchers

Vouchers good for up to 270 days of methadone treatment are available through participating HIV prevention programs in King County. Clients may transfer to longer-range fund sources at any time during the 270 days of voucher coverage. The vouchers may be redeemed at T/H/S or Evergreen clinics. To be eligible, a client must be opiate dependent, live in King County and have not received methadone treatment within the last 30 days. Each issuing agency maintains a voucher waiting list. Wait times vary from 3 to 11 months. Once a voucher has been issued, a client can usually get into treatment within a couple weeks. To get on a voucher wait list, contact one of the issuing agencies in person:

Street Outreach Services
1503 Second Avenue
Seattle, Washington 98101

Public Health – Seattle & King County
Needle Exchange Program
1511 Second Avenue
Seattle, Washington 98101

Other public fund sources

T/H/S and Evergreen each receive a limited amount of federal and state funding for methadone treatment. These slots are usually reserved for clients who receive GAU benefits, a Medicaid program category that does not cover methadone treatment. Each agency maintains a wait list for these funds. Wait times average from 9 to 12 months.

Veterans benefits

The VA Hospital in Seattle operates a small methadone program for opiate dependent veterans. Enrollment capacity is currently limited to 50 clients. Call 206 764-2600 for more information.

Self pay

Clients may self-pay for methadone treatment, but advanced payment is required, usually in monthly or bi-monthly installments. Clients who are Title XIX eligible may not self pay treatment costs, even when a Title XIX slot is not available.

Private Insurance

Some private insurance companies may cover methadone treatment. Check with your insurance carrier.

PRESCRIPTION DRUG OPTIONS:

Prescription drugs may be used while a person is in a treatment program as well as after leaving the program. These are prescribed drugs and must be monitored by a physician. These medications are used to assist clients in becoming clean and sober. Some clients may benefit from prescribed medications, others may not. It is a decision made between clients and physicians. Below are some of the medications used.

Antabuse:

This is a pill that you take on a daily basis to avoid a drinking relapse. If you do drink, you will get very ill. This is called behavior modification. It is used with those who feel that they would be less likely to drink if they knew they would get very sick.

Naltrexone:

This is the Antabuse for opiate users. Unlike Antabuse, this does not make the person ill if they use opiates, but it occupies the opiate receptor sites in the brain so that the person may use opiates but won't get high. This is also a behavior modification technique. It helps guard against impulsive drug use. Naltrexone also decreases the craving for alcohol and is often used by chronic alcoholics.

Antidepressants:

When people detoxify from alcohol and drugs, depression often sets in. Some people may also have a “dual diagnosis.” This means that they have some kind of mental illness and an addiction. Mental illness can be a trigger for people to go back to using. So antidepressants help people manage depression. A psychiatrist or general physician monitors these medications.

Clonidine:

Clonidine is a drug used for heart problems. It has been found to reduce or eliminate withdrawal symptoms in many people. It has been used within hospitals when detoxifying people from opiates, including methadone, in a much shorter time period and with less distress than without such medication. Clonidine is also a drug that is asked for by clients who are detoxing. It has the potential for being abused.

SOBERING OPTIONS

There is one sobering center in the Seattle area. This is a facility that allows people who are intoxicated to “sleep off” the effects of alcohol and other drugs. Referrals to medical detoxification, chemical dependency treatment and other social services are available, but are not the primary focus. There is no fee for this service and no medical care is provided.

Sobering Center

1930 Boren Avenue
Seattle, WA 98121
206-205-1092

DETOXIFICATION: STANDARD MEDICAL DETOX

Detoxification is the process of drugs and/or alcohol leaving the body. It can be very uncomfortable to detox depending on how much and how long you have been using. In some cases, detoxing must be done in a hospital because the withdrawal from drugs or alcohol may cause serious medical consequences. In those cases, the detox is done under medical supervision, sometimes using medications to prevent seizures, extreme discomfort, or other medical complications. Many inpatient treatment programs will not accept clients until they are “medically detoxed.” This means that they must be well enough to participate in treatment.



The answers to the next 11 questions apply to Central Seattle Detox ONLY! For information or questions regarding the other facilities, please contact them at the numbers listed.

How do I get into detox?

You can call the facility to get an appointment, or you can go through ADATSA for help to get set up.

How long will I have to wait to get in?

The waiting list is 7-10 days if you refer yourself. If you go through ADATSA, a treatment agency or a case manager, the wait is 3-5 days. No walk-ins are accepted.

How long can I stay?

The typical stay is 3-5 days for alcohol and 5-7 days for opiates. The stays for cocaine, crack and methamphetamine users vary.

What if I leave early?

If you leave early and want to come back into treatment, you will be referred to ADATSA.

What coupons cover detox?

Detox is covered by CNP, GAU, GAX, TANF and ADATSA.

How much does it cost if I want to pay for it on my own?

Detox costs \$150 a day. If you are paying cash, you will be required to pay 1/2 of a 3-day-stay up front for alcohol (\$250), or 1/2 of a 5-day-stay up front for opiates (\$375).

Do they take insurance?

Yes. Check with your insurance carrier to see if your plan covers detox services.

What happens if I miss my appointment to get into detox?

If you miss your appointment, you will be put back on the waiting list—at the bottom.

How many times can I go into detox?

If you go into detox 3 times over the course of a year, you will be referred to the chronic services division of the involuntary commitment department. They will assess you to see what is going on that is leading to repeated admissions. They may refer you to a residential long-term care facility. This is a place where you would live for awhile in order to get more attention around your drug and alcohol use.

Can I go into treatment after detox?

Yes. In fact going into treatment is highly encouraged and the staff at detox will help you do this. ADATSA staff will also help you get in.

Where can I get detox?

The only county detox center that takes medical coupons and provides medical detox is Central Seattle Detox. The other centers that are listed under “detox” are either hospital-based, such as Swedish Medical Center, or do not provide medications to assist in the detox process. It is a personal choice as to which type of detox is right for you.

Detox Programs

Recovery Centers of King County

Central Seattle Detox

1701 18th Ave S
Seattle, WA 98144
206-325-5000

Fee/Coupons/Insurance:	Medical Coupons: CNP, GAU, GAX, ADATSA, private insurance and private-pay. \$105-150/day.
Length of Stay:	4-5 days for heroin. 3-4 days for alcohol.
Comments:	Most cocaine users go to other centers.

Swedish Medical Center/Ballard – Detox/Stabilization

5300 Tallman Ave NW
Seattle, WA 98107-1507
206-781-6209

Fee/coupons/insurance:	Medicare A and B, private insurance, private-pay, ADATSA (for pregnant women only). Deposit of \$2,000 required for alcohol detox, \$3,000 for opiate detox. Total cost varies depending on length of stay.
Length of stay:	3-8 days.
Comments:	Pregnant, addicted, Medicaid-eligible women are a priority.

RAPID DETOXIFICATION

Getting physically detoxed is one piece of the larger picture of getting clean and sober. As mentioned in the “detoxification” section of this booklet, detox is traditionally a medically supervised process of withdrawing from alcohol and drugs. This can take a few days to a couple of weeks, depending on how long and how much you have used. A new detox process for opiate users is called “rapid detoxification.” Rapid detox involves being put under general anesthesia (put “asleep”) and then being chemically detoxed from opiates.

How does rapid detox work?

It works using drugs called “antagonists.” These are drugs that push the opiates out of the opiate receptors so that withdrawal takes a few hours.

What are the benefits of rapid detox?

The benefit is the short length of time it takes to clear opiates from your system.

What are the potential harmful effects of rapid detox?

Rapid detox requires that patients be put under general anesthesia. Being placed under general anesthesia always poses a medical risk. To date, there has not been adequate research to determine the safety of this procedure. Also, research has not been done to evaluate both the short- and long-term harmful effects of rapid detox. There is no evidence that shows that people who undergo rapid detox do any better than those who do not.

Does it work for other opiates, such as Percodan or Vicodin?

Yes, it works for any opiate-based drugs.

Is this considered drug “treatment”?

No. Rapid detox is just like any other detox, but done more quickly. Regardless of the type of detox you receive, much of the work involved in getting clean comes after the physical withdrawal. Counseling that focuses on relapse prevention is important to maintain sobriety. Rapid detox is not recommended for long-term opiate users, and NOT a miracle cure.

What is Naltrexone and how is it used in rapid detox?

Naltrexone is used to block the effects of heroin, methadone and other prescribed pain medications. It is either implanted under your skin or provided in a pill form. Naltrexone helps prevent relapse in some people by not letting them get “high” if they use. The risk is that some people can still overdose even though they do not get high. This is given to you after you go through the rapid detox and is usually taken for 6 to 12 months.

What is the cost of rapid detox?

It is very expensive, ranging from \$5,000-\$7,500.

Where can I find out more?

There is one rapid detox facility in the area.

Puget Sound Rapid Opioid Detoxification (PROD)

5301 Sand Point Way NE

Seattle, WA 98105-2917

206-985-1117

206-240-PROD(7763) Cellular phone

206-559-PROD(7763) Pager

Fees/Coupons/Insurance: Fee is \$5000. Half must be paid up front. Naltrexone used after detox is \$150/mo.

Length of Treatment: Less than a day for detox. Several months on Naltrexone.

Comments: This is a relatively new procedure. Please read detailed description of rapid detox above.

DRUG COURT

What is “Drug Court”?

Drug Court is a program that provides treatment to people charged with possession of drugs or prescription fraud who want to get clean and sober. It is an alternative to serving jail time. Drug court is not available to those charged with intent to sell or deliver drugs.

What services does it provide?

The Drug Court Program provides intensive outpatient treatment, and in some cases inpatient treatment for those who cannot stay sober in an outpatient program.

Is methadone treatment provided?

In certain cases, methadone treatment is provided.

Where can I get treatment?

Drug Court has contracts or agreements with seven agencies to provide outpatient treatment. Services are offered at nine locations. These agencies are located throughout the King County area.

Can I go to ANY treatment program I want if I don't like the choices I am given?

Yes. But you are responsible for paying for the treatment. In addition, Drug Court has two additional requirements.

- The treatment agency must be an accredited Washington State Chemical Dependency Treatment Agency.
- The agency must agree to follow drug court policies and procedures for treatment.

Currently, the agencies that participate in drug court treatment are:

Center for Human Services
206-362-7282

Central Seattle Recovery Center
206-322-2970

Eastside Community Alcohol and Drug Center
425-747-7892

Evergreen Treatment Services
206-223-3644

South King County Recovery Centers

Burien Facility
206-242-3506

Kent Facility
253-854-6513

Enumclaw Facility
360-825-4050

Therapeutic Health Services

Midvale Facility
206-546-9766

Summit Facility
206-323-0930

What will treatment be like?

Every agency is different. Your treatment experience at one treatment agency may be very different from another; there are also many similarities. Most outpatient treatment programs are group-oriented and have rules about the number of sessions you can miss. You are expected to be in full compliance with your treatment agency's conditions.

Drug Court has three different treatment "levels." The Drug Court requirements for the levels are:

- Level I: Attend all treatment sessions
 2 UAs per week
 3 12-step meetings per week.
- Level II: Attend all treatment sessions
 1 UA per week
 3 12-step meetings per week
- Level III: Attend all treatment sessions
 1 UA per week
 2 12-step meetings per week

How much does treatment cost?

Drug court pays for treatment provided by the Drug Court agencies. You will be required to make a contribution of \$100 before graduation from the program.

Will I have to report to the courts?

Yes. While in Level I, you will be required to report to court every four weeks. When you advance to levels II and III, you must report to court every six weeks.

If you are not doing well in the program, you may, among other things, be required to do community service hours, attend drug court to observe, do written assignments, or do jail time.

If you do not come to court when required, a "failure to appear" warrant for your arrest may be issued.

What happens if I end up using again?

If you use, you will return to the previous level of treatment until you have a sufficient period of sobriety again. If outpatient treatment does not meet your needs, you may be referred to inpatient treatment.

SUPPORT GROUPS

Twelve Step Groups

All the groups in the Twelve-Step Self-Help System are based on the same philosophy. These groups include Alcoholics Anonymous, Cocaine Anonymous, Narcotics Anonymous etc. The Twelve-Step model focuses on how to live without using drugs or alcohol by working the steps. Meetings take place all over the world every day and often meetings are tailored to special interests and needs. In addition to groups that focus on certain drugs such as cocaine or other narcotics, there are also meetings for non-smokers, women and gays and lesbians, to name a few. There are no leaders, no fees and people remain anonymous. The philosophy involves “working through” the Twelve Steps. While not considered treatment itself, these groups provide a world-wide, permanent support system for those in recovery from chemical dependency. There are now, in some places, special groups for those who are HIV infected.

Crystal Meth Support Groups

These groups focus on gay and bisexual men, but all are welcome. The groups are open to those who have quit or are considering quitting their use of methamphetamine. You do not have to be clean to attend these groups. For more information, call the number under Support Groups in the Referral section.

S.M.A.R.T.(Self Management and Recovery Training)

A national organization dedicated to recovery from alcohol/substance abuse using the principles of Rational Emotive Behavioral Therapy. Derived from Albert Ellis, who states that by changing your beliefs about activating events, you can change the consequences (e.g., drinking) of those events and become comfortable in sobriety. For more information, call the number under Support Groups in the Referral section.

S.O.S. (Secular Organizations for Sobriety)

Living by the Sobriety Priority: “I will not take a drink (or use) no matter what.” This program accepts that sobriety is achieved by whatever means necessary within an individual's own personal program. For more information, call the number under Support Groups in the Referral section.

S.K.I.P. (Sobriety-Knowledge is Power)

A knowledge-based approach, utilizing an extensive reading list. Members are encouraged to seek out questions and discuss the nature, causes and remedies for drug/alcohol abuse. This promotes an individual's desire to find what makes sense on their own path towards recovery.

R.S.(Rational Sobriety)

Helping people to accept responsibility for behaviors, moods and beliefs. R.S. provides information and enables the individual to acquire skills through cognitive therapy. Emphasis is on developing and maintaining productive relationships and creating satisfying lifestyles.



Information and Referrals

Alcohol/Drug 24 Hour Hotline	206-722-3700
HIV/STD Hotline	206-205-7837 (STDs)
Community Information Line	206-461-3200
	TTY: 206-461-3610
Community Resources Online	http://www.crisisclinic.org

Support Groups

Alcoholics Anonymous	206-587-2838
Cocaine Anonymous	206-467-8189
Narcotics Anonymous	206-790-8888
Adult Children of Alcoholics	206-722-6117
Al-Anon/Alateen Information Service	206-625-0000
Crystal Meth Support Group (Project NEON)	206-461-4546
SKIP (Sobriety-Knowledge is Power)	206-328-2539
SMART (Self Management and Recovery Training)	253-813-8125
	425-746-3903
SOS (Secular Organizations for Sobriety)	206-285-6293
RS (Rational Sobriety)	253-922-0229



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